

## Pilot WIC program delivers nutritional support

As announced earlier, the Women, Infant, and Children program is coming to Baumholder. Baumholder was one of two pilot sites selected for the early implementation and testing of the WIC overseas initiative.

The target start date for the Baumholder pilot program is Feb. 7. The rest of Europe will start their WIC programs later in the year using the lessons learned from the pilot sites. The Baumholder pilot site will demonstrate how the program will work in Europe and will be restricted to those families living in the 09034 and 09262 APO zip codes.

WIC is targeted to a very unique population who must meet specific eligibility criteria: categorical, financial, residential, and nutritional. The categories include women who are pregnant, breast-feeding (up to one year), or postpartum (up to six months), infants up to the age of one year, and children from the first birthday to the fifth birthday.

The WIC income eligibility guidelines (in chart) will be used to determine financial eligibility. Financial eligibility will be verified by reviewing leave and earning statements and pay stubs (spouse income, moonlighting, etc.). Some military income, however, is excluded. Pilot site participants must

be on orders to Baumholder AOR.

Once a person meets the criteria, a WIC expert decides if there is a nutritional risk by taking a medical history, doing physical assessment (height, weight, and blood work), and reviewing a 24-hour diet recall.

Once persons are determined to be eligible for the WIC program they will receive nutritional counseling and vouchers for food packages. Foods that are included in the

WIC program are all targeted at specific important nutrients, such as protein, vitamins C and A, iron, and niacin. Vouchers will be provided for three months at a time and may be redeemed only at the commissary.

All the commissaries in the Baumholder area will be stocked and ready for the WIC participants. The nutritional counseling is intended to teach WIC participants

about the connection between nutrition and health and to assist participants in making positive changes in food habits. This nutritional program is, of course, free to the participant.

For more information come to the WIC community briefings at the Wagon Wheel Theater Jan. 29 through Feb. 2 from 9–10 a.m. and 6–7 p.m. daily.

To be screened for WIC, the

following items are required:

Proof of identity: ID card, copy of birth certificate (for children less than five years old)

Proof of residency: Copy of assignment orders, or mail with APO address with postal codes 09034 or 09262.

Proof of income: Leave and earning statement, current within 2 months, pay stub, W-2 form (current within three months), Statement from person that provides you money (FCC), signed statement from employer.

A contract has been awarded to Choctaw Management Services Enterprise to operate the WIC program for the government overseas. Currently the Baumholder WIC office is not open and cannot receive phone calls or visits. The WIC office will not be staffed or have operational phones until Feb. 5. The WIC office will be located on the first floor in building 8746 and will be open for walk in appointments after March 1.

More information and updates will be provided in upcoming issues of the Herald Union flyers. Those interested in possible employment in the WIC office may contact the Choctaw Management Services Enterprise at <http://www.cmse.net>.

## WIC Income Eligibility Guidelines

WIC Program Overview

WIC Income Eligibility Guidelines  
(Effective from July 1, 2000 to June 30, 2001)

48 Contiguous States, D.C., Guam and Territories

	Annually	Monthly	Weekly
Family of 1	\$15,448	\$1,288	\$ 298
Family of 2	\$20,813	\$1,735	\$ 401
Family of 3	\$26,178	\$2,182	\$ 504
Family of 4	\$31,543	\$2,629	\$ 607
Family of 5	\$36,908	\$3,076	\$ 710
Family of 6	\$42,273	\$3,523	\$ 813
Family of 7	\$47,638	\$3,970	\$ 917
Family of 8	\$53,003	\$4,417	\$1,020
For each add'l family member, add	+5,365	+435	+104

### Notes:

- To be eligible on the basis of income, applicants' gross income (i.e. before taxes are withheld) must fall at or below 185 percent of the U.S. Poverty Income Guidelines.
- BAH (BAQ+VHA) is subtracted from the gross pay stated on the LES when determining eligibility for military personnel.

## Customer service was focus

# Initiatives save millions

*"We worked first for customer satisfaction."*

Initiatives spearheaded by Juergen Geibel and Yogendra Patel, employees at Baumholder's 222nd Base Support Battalion's Department of Public Works saved the U.S. Army \$2.5 million in energy costs in fiscal year 1999, according to a report by the U.S. Department of Energy.

The U.S. Department of Energy and the Federal Interagency Energy Policy Committee recently honored the two for their efforts in executing an effective energy conservation program that not only saved the U.S. Army millions of dollars but also improved customer satisfaction and facility operation conditions.

Geibel and Patel traveled to Washington to receive their award in a ceremony there from Bill Richardson, U.S. secretary of energy.

Reacting to winning the award, Patel said he was "Surprised. We (said) we would participate because we thought we had been doing good

work, but we didn't work for the award. We worked first for customer satisfaction."

Working under financial constraints, Geibel and Patel were able to provide the same level of service as prior, but at reduced costs. Through the utilization of engineering design know-how and in-house expertise, execution of the major tasks to improve heating systems resulted in a reduction of more than 90 percent of the steam load at a savings of nearly \$2.5 million.

Patel, who has worked for the 222nd BSB for five years, said, "When I came I found out a lot of the systems had deteriorated or needed replacement. So I identified all the problems, and we started making programs out of this and getting funds." To make their plan work, numerous heating, ventilation and air conditioning modernization programs were conducted. A total of 17 boilers in the oil fired plants were replaced. The systems were also optimized to reduce the

oil consumption, increase efficiency and improve environmental standards.

The work was conducted "Over the past four years ... and part of it is still ongoing," said Patel. To date, 140 domestic hot water generators were replaced in family housing and military areas.

A major contribution toward energy conservation was achieved through a systematic temperature-regulating valve replacement program. The hot water heating systems in the individual buildings were hydraulically balanced through installation of hydraulic regulating valves. Clogged or rusted galvanized piping was replaced in 27 buildings. Part of the existing energy monitoring and control computer was modernized in the course of the barracks renovation program.

Although Patel was responsible for identifying deficiencies in the heating and water systems, "It was teamwork...a group effort...that made it happen," said Patel.

## Gore wins election at Wetzel

If it was up to the children at Wetzel School Age Service, Vice President Al Gore would be our next president. The children conducted their own presidential debate on election day and then voted for their favorite candidate. The debate was lead by Steve Shaulis and Justin Shepard representing vice president Al Gore and Tammy Courtney and Rick Villareal representing Texas governor George Bush.

"The children were very responsive to the debate and asked many questions of the representatives about things that concerned them, such as education and the military," said Courtney. After a long debate,

## Story, tot time available for children

Army Community Services and the Baumholder Library are offering story hour for children Jan. 11. Story hours are 9:30-10:30 a.m. for ages 0-18 months and 10:30-11:30 a.m. for ages 19 months - school age. People who would like to be a guest reader may contact the ACS Outreach Program at mil 485-

the children were given ballots and asked to vote for their choice for president.

Careful monitoring and counting of the ballots by Kirsten Czajkowski and Sarah Froese came up with Gore squeaking to victory over Bush, 17 to 13. The ballot count was not contested so a recount was not necessary.

The children then celebrated their personal winner by having a post election party and meal. "They are now anxious to learn who the next president will be and for the day when they will be able to vote in actual elections for future presidents of the United States of America," said Courtney.

6252 to sign up.

Army Community Services Outreach and the New Parent Support Program invite everyone to "Tot Time." There will be interactive play time for children up to school age and their parents. Call ACS for more information at mil 485-8188 or civ (06783)6-8188.

## Records control needed

The Baumholder Health Clinic reminds all patients to return their medical records and have them properly stored at the clinic or battalion aid station.

Medical records are critical to effectively meeting patient health care needs. They must be available to schedule appointments, for clinical review and documentation of received care, record document prescriptions, laboratory tests and other diagnostic information.

Medical records are property of the U.S. Government must be maintained at the military treatment facility where patients receive primary care. The tracking systems in the military treatment facility help the clinic or aid station locate misplaced or lost records. By allowing the military treatment facility to control records, they are able to improve the tracking and documentation process of the medical records. Lack of this control and tracking requirements adversely affects patient medical care and the clinic's ability to support patient needs.



## La Leche League meets

Pregnant and nursing mothers who wish to learn more about the advantages and benefits of breastfeeding their babies can find encouragement and information at the monthly meetings of Baumholder's La Leche League. The group meets at noon the second Tuesday of every month in Neubrücke housing. For more information on what the group has to offer call civ (06782) 980109.

## Everyone's invited

The Baumholder Community Service Club is sponsoring a "Born in the USA" Luncheon Jan. 17 from 11:30 a.m. to 1:30 p.m. in the Rhinelander ball room. The theme for this month's luncheon is our diverse United States, and the BCSC will raffle off several state-theme baskets. Everyone in the community is invited to attend—women, men, soldiers, family members and all ranks are welcome at the BCSC.

Cost for the luncheon is \$10 or \$7.50 depending on menu choice. On-site child care can be reserved at \$2.50 per hour per Child Development Center registered child. Make reservations by Jan. 13. For more information, to RSVP for the luncheon, and to reserve child care

space, call Linda Delano at civ (06783) 187607 or Martha Kelly at civ (06783) 186214.

Don't know much about the BCSC? Come to the luncheon and learn more about the only local fund raising club that raises more than \$10,000 each year to support the Baumholder community. With much of the post deployed, the BCSC is also provides an opportunity to get out into the community, meet people and gain support. Membership in the BCSC is not necessary to attend the luncheon.

## Talk to your VA man

Are you curious about what Veterans benefits you're eligible for? Do you need assistance filing a claim? Have you considered a VA guaranteed home loan? A Veterans Administration Representative will be in Baumholder Jan. 23 at 9 a.m. to answer all these questions and more.

This briefing is open to the public and all members of the community are encouraged to attend. The VA representative will be available after the briefing to take individual appointments and answer specific questions. Please call the Army Career Alumni Program center at mil 485-6741/6330 or civ (06783) 6-6741/6330 to schedule an appointment for the Jan. 23 VA briefing.

## ACAP open to spouses

Is your spouse planning to leave the Army? Any family member of a soldier scheduled to separate is eligible to receive services from the Army Career and Alumni Program. Family members do not need orders or their spouse to attend ACAP classes or to receive assistance from counselors.

If your spouse deployed you can still receive ACAP assistance in Baumholder. If your soldier is thinking about leaving the Army, come in to ACAP to find out what services the Army provides for your family (even if he's down range), and then let our counselors help start your own career transition process.

ACAP offers job assistance workshops and professional counselors to help you think through the career transition process. ACAP will help you think through issues such as a civilian budget, searching the job market, writing a resume and preparing for interviews. Take advantage of this time now to begin planning for your future. Call to schedule an appointment at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## Need a career change?

Are you scheduled to separate but haven't decided on re-enlist-

ment or separation? Let ACAP help you decide if separating from the Army is in your best interest or not by reviewing your Army and VA benefits, examining the current job market, and assessing how the skills you developed in the Army may transfer into civilian life.

Schedule yourself to attend a pre-separation briefing and take advantage of ACAP's new computer system, which can help you evaluate the current job market and your interests, so you can make an informed decision about your future.

Call the ACAP Center with any questions on the Army transition process or ACAP services at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## ACAP classes

Transitioning soldiers and their family members can take advantage of the following ACAP classes scheduled for January:

## VA briefing

ACAP sponsors a Veterans Administration briefing Jan. 23 at 9 a.m. Call mil 485-6741/6330 or civ (06783) 6-6741/6330 to schedule an appointment.

## Mandatory briefing

ACAP pre-separation briefings are scheduled at 9 a.m., Monday through Friday.

## Job assistance

ACAP offers job assistance workshops every-other Wednesday. The next one-day workshops will be Jan. 17 and 31 from 8:30 a.m. to 4:30 p.m. Call to schedule an appointment, or drop by any afternoon to work with the new computer-based job assistance tools. For more information, contact ACAP at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## ACS at a glance

November marked the second quarter of the volunteer year. Shantell Badger - Program Manager for Army Family Team Building, mayor of Champion Village housing area and active participant of the Headquarters, Headquarters Battery, 4-27 Field Artillery Family Readiness Group was selected as the "Volunteer of the Quarter." Lt. Col. Eric Wagenaar, 222nd Base Support Battalion commander, presented Badger with her award at the community Links meeting.

## Angels in the ranks

The Baumholder Angel Awards were presented to Laura King for her volunteer service at Army Community Service Outreach Services; Andrea Evans, for volunteer work

at the Baumholder Health Clinic; and Maria Lebron and Jonathon Kwarcianny, for their service to St. Michael's Parish.

## Stay informed

The International Spouses Club now meets the first and third Tuesday of the Month. The next meeting is Jan. 16 from 10 a.m. to noon in the ACS Lounge.

The next Newcomers Coffee is Jan. 16, from 10 - 10:30 a.m. in the ACS Lounge.

## It's an Army life

Army Family Team Building invites everyone to participate in the following upcoming classes:

- Level I, Jan. 24, 8:30 a.m. to 2 p.m.
- Level II, Jan. 16-17, 9 a.m. to 2 p.m.

Army Family Team Building is now offering night classes for Level II and III. Classes are Mondays from 6-7 p.m. with two modules each night. The following classes are scheduled for January:

- Jan. 15**  
Communication  
Conflict Management
- Jan. 22**  
Crisis and Coping  
Stress Management
- Jan. 29**  
Adapting to Change  
Intermediate Problem Solving

After completing each level of AFTB, students receive a Certificate of Completion from AFTB.

Child care for day classes is paid by AFTB. Classes are limited to 15 students per class, so call mil 485-8542/8188 to make reservations.

## Get familiar with NOW

Baumholder's Newcomer's Orientation and Welcome, or NOW, is a program for new spouses to the Baumholder military community. NOW is a three-day orientation designed to welcome and inform spouses of military members and civilian employees to Baumholder by providing relevant information and developing necessary skills for living in this unique environment. Spouses will learn about Germany and the local German community through briefings on customs and

a survival German language and cultural adaptation class. Spouses, new to the military or not, will also have an opportunity to attend an introductory class to the Army lifestyle.

Field trips will provide family members with practical skills in using German public transportation and shopping on the economy. Free transportation and child care is available for all registered participants during the orientation.

All participants must register with ACS. To learn more about this program stop by ACS in Bldg. 8746, or call mil 485-8188, or civ (06783) 6-8188.



## ACS calendar

- Jan. 10**  
Conflict Resolution  
RACC  
Learn the Basics of Saving and Investing
- Jan. 11**  
Couples Communication
- Jan. 11**  
Sponsorship Training Open to All  
Story Hour  
Step Family Relationships
- Jan. 13**  
Child Abuse Neglect and Recognition and Prevention
- Jan. 15**  
Employment Orientation
- Jan. 16**  
Stress Management  
Newcomers Coffee  
International Spouses Club
- Jan. 17**  
Anger Management  
Basic Investing In Mutual Funds  
Resumix at the Cyber Café
- Jan. 18**  
Child Safety and Supervision
- Jan. 22**  
Successful Parenting  
Employment Orientation  
Resumix Workshop
- Jan. 23**  
Stress Management
- Jan. 24**  
Conflict Resolution  
Credit Use and Credit Cards  
For more information about classes or services provided by ACS, call mil 485-8188, or civ (06783) 6-8188.



## BSB trains up for force protection, readiness

By Ignacio "Iggy" Rubalcava  
222nd Base Support Battalion Public Affairs Office

While most of the Baumholder community was well into the holiday leave schedule and scurrying around the post exchange to pick up that last minute holiday gift, the staff of the 222nd Base Support Battalion was well entrenched in a three-day force protection exercise.

Using computer simulated scenarios, courtesy of the Baumholder Simulation Center, 222nd BSB staff members and representatives from tactical units responded to everything from civil disturbances to and explosion that caused mass casualties on post.

For many of the civilian staff members, this sort of training was new and a one day training session to learn the intricacies of the simulation software was necessary. For many of the green suiters it was old hat as the software and equipment was the same used for tactical simu-

lation scenarios.

For those unfamiliar with the simulation software, instructors from the simulation center were on hand to keep the scenario moving as planned.

According to Maj. Maurice Cox, 222nd BSB S-3, the exercise served several purposes. "A key function of this exercise was to bring the BSB staff and tactical unit representatives together in a working environment so that they could become acquainted with each other," said Cox.

"The exercise was also a prep session for a more involved exercise in March when we will use real soldiers and civilians to exercise our force protection procedures," he said.

It was also a first-time learning experience for many. "For many of our civilians," added Cox, "It was an excellent experience to orient them in the use of the equipment available at the Baumholder Simulation Center," he said.



Photo by Ignacio "Iggy" Rubalcava

Maj. Maurice Cox, 222nd Base Support Battalion S-3, explains the purpose of the force protection simulation exercise to staff members of the 222nd BSB and representatives from the 104th Area Support Group.

## ACS programs are hiring

### Coordinator needed

A newcomers coordinator is currently needed at ACS to independently conduct the four-day newcomer's orientation "Baumholder NOW." This is a 50 hours per month non-personnel services contract that runs from Jan. 22, 2001 through Jan 15, 2002.

Responsibilities include: preparing for the orientation by verifying attendance by participating agencies and participants; verifying child care needs the week prior; contacting, verifying and meeting the Red Cycle bus driver the week prior to orientation; supplying and preparing refreshments; set up of classroom prior to the orientation; conducting the orientation according to the itinerary ensuring time frames are being observed and that orientation stays on track.

This is a high-profile job, therefore the contractor must have excellent speaking and social skills, know how to be courteous but firm, and preferably speak some German. The contractor must have a first-hand experience with the U.S. military lifestyle and be well aware of various transition difficulties. The contractor must also be familiar with the German public transportation, as a train/field trip is required and an orientation to the train system must be conducted.

Applicants with college degrees

or related work experience are encouraged to submit a resume to Baumholder ACS. Resumes will be accepted until Jan. 10 and interviews will be conducted Jan. 12. For more information, call Lone Vidrine, relocation program manager, at mil 485-7258/8188, or civ (06783) 6-7258/8188.

### Relocation needs leader

A job opening for a relocation assistant is currently available at Baumholder's Army Community Service, in Bldg. 8746 on Smith Barracks. This is a 40- hours per week, non-personnel services contract that will run from Jan. 16 2001 through Jan. 15, 2002. The contractor responsibilities include administering and monitoring the lending closet program, implementing and maintaining the worldwide welcome packet library, using the SITES program, using various computer programs for data entry taskings, conducting and maintaining current inventory, automated data entry of client accounts and clearing information, and conducting daily briefings at the welcome center.

Applicants with college degrees or related work experience are encouraged to submit a resume to Baumholder ACS. Resumes will be accepted through Jan. 10. Interviews are scheduled for Jan. 12. For more information, call mil 485-7258/8188, or civ (06783) 6-7258/8188.



Contributed photo

### Santa, where are your pants?

Christmas came a little early for several children attending a pool party at Baumholder's Indoor Pool Dec. 20. In fact, Santa (alias Bernd "Bernie" Mai) was in such a rush to make his pre-Christmas appointment that he forgot his pants at the North Pole. The jolly little guy had to call Mrs. Claus on his cell phone so she could mail them to him before he slipped into any chimneys.